

HORA SIMKAT HE'AMEL -- Worker's Hora -- CIRCLE DANCE / TIKVA RECORDS #5 45-98-9

Dance: Rivka Sturman
Music: Efi Netzer
Lyrics: Efi Netzer

Dance description written by Kenneth Spear.
Approved by Rivka Sturman on her visit to
the U.S.A. in 1965

Formation: Single circle, no partners, hands joined.

Part I Music A 4/4 meter.

- | Meas. | Count | Description |
|-------|-------|--|
| 1. | 1 | Facing center stamp on right foot |
| | 2 | Hop on right foot, pivoting to face CW. |
| | 3. | Moving CCW, backing up, step left foot behind right. |
| | 4 | Turn to face CCW, take running step with right foot, to right side. |
| 2. | 5-8 | Continue moving CCW, take four running steps, left, right, left, right |
| 3. | 9 | Stamp on left foot, crossing in front of right foot. |
| | 10 | Hop on left foot, pivoting to face CW. |
| | 11 | Facing CW, and moving CCW, take running step with right foot backward |
| | 12 | Continue facing CW, and moving CCW, take running step backward with left foot, and turn to face CCW. |
| 4. | 13-16 | Facing CCW, take four running steps CCW, right, left, right, left. |
| 5-8 | 17-32 | Repeat measures 1-4. |

Part II Music B

- | Meas. | Count | Description |
|-------|-------|--|
| 1. | 1-4 | Facing center, take two vigorous step hops to center, right hop, left hop, raising joined hands |
| | | |
| 2. | 5-6 | Release hands, and take crossing step hop, right foot over left, clapping hands over head on count 5. |
| | 7-8 | Take crossing step hop, with left foot over right foot, clapping hands over head on count 7 |
| 3. | 9-12 | Turning out of circle, turning CW, take four running steps, right, left, right, left. End facing center. |
| 4. | 13-14 | Step bend sideward to right (CCW) on right foot, look to right, and extend both hands to the sides, held high. |
| | 15-16 | Step bend sideward to left (CW) on left foot, look to left, and extend both hands to the sides, held high. |
| 5-8 | 17-32 | Repeat action of measures 1-4 of part II. |
- Repeat dance from beginning.